



## KEEP RUNNING !!

Since the last week, all of us are continuously running in the morning and sometimes in the evening also. **Cross-Country** is a type of a Marathon that can help us regain the energetic avatar out of ourselves since we all are bound to get lazy in the two months long summer holidays and also keeps us fit for the upcoming four months long and busy term. **Krishit Arora** writes some Cross-Country tips that can help you to increase your running speed and rank and bring your house on the top position!

The key to long distance running would be not to run too fast at the initial levels. Instead, run slowly in the first few minutes.

*The best way to increase speed would be to indulge in fast running for a day or two per week. However, do not start running on a steady pace everyday. This would only lessen your capability.*

Remember, feeling lazy or lethargic is very normal. In such a case, there is no harm in indulging in slow pace running. Instead, it would act as a boon for you, as it would allow you to recover your energy.

*Do not dehydrate your body. Even if you are not thirsty, drink lots of water. Remember, water holds the key for efficient running and keeps your body in prime condition.*

Rest is an important concern, if you are indulging in long distance running activity.

*Remember, running fast or at an increased pace will not enhance your race times for longer dis-*

*tances and only leave you injured.*

Long distance running brings in boredom. To relieve yourself from the monotony, change the pace of running from day to another and also in between a day's run.



*Always take long strides on slopes and try to breathe out from the nose.*

As for the diet, eat lots of bread, potatoes, rice, vegetables, and fruits. Always keep a

*An hour before the final run, eat or drink something light as it would provide you with energy.*

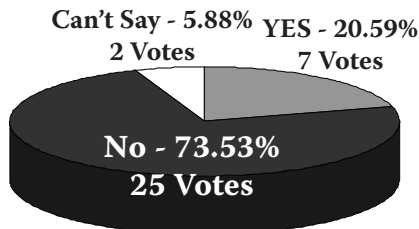
Always stretch after the run to prevent injuries and muscles pulls.

*Wear a light pair of shoes as light weight shoes are best for long distance running.*



## OPINION POLL

Is Mayo College making enough efforts for the upcoming Round Square International Conference?



Next poll - Do you think purposely switching off the Diesel Generator for cooling down is a good idea?  
Submit your opinion on Mayoonline.

## Why a Student FAILS

It's not the fault of the student if he fails, because the year has ONLY 365 days.

Typical academic year for a student:

1. Sundays- 52 Sundays in a year, you know Sundays area time for rest. Days left 313.
2. Summer holidays- 50, where weather is very hot and difficult to study. Days left 263..
3. 8 hours daily sleep-means 130 days. Days left 141.
4. 1 hour for daily playing-(good for health) means 15 days. Days left 126.
5. 2 hours daily for food & other delicacies (chew properly & eat)-means 30 days. Days left 96.
6. 1 hour for talking (man is a social animal)-means 15 days! Days left 81.
7. Exam days per year at least 35 days. Days left 46.
8. Quarterly, Half yearly and festival (holidays)-40 days. Balance 6 days.
9. For sickness at least 3 days. Remaining days - 3.
10. Movies and functions at least 2 days. 1 day left.
11. That 1 day is your birthday. How can you study on that day? Balance days 0

"How can a student PASS???"

## CURRENT NEWS

Mr. Mazumdar (who taught Physics in Mayo) and a Yoga teacher of The Doon School have come to visit Mayo College for a short time.

The English Holiday Book Reading test was held on Saturday, July 11.

The Hindi Holiday Book Reading test will be held on Saturday, July 18.

Mr. Ankit Sharma (Chemistry Dept.), who recently joined Mayo has shifted to ISRO as he passed the entrance test.

## THE 7 WONDERS

A group of students were asked to list what they thought were the present "Seven Wonders Of The World." Thought there were some disagreements, the following received the most votes:

1. Egypt's Great Pyramids
2. Taj Mahal
3. Grand Canyon
4. Panama Canal
5. Empire State Building
6. St. Peter's Basilica
7. China's Great Wall

While gathering the votes, the teacher noted that one student had not finished her paper yet. So she asked the girl if she was having trouble with her list. The girl replied, "Yes, a little. I couldn't quite make up my mind because there were so many." The teacher said, "Well, tell us what you have, and maybe we can help."

The girl hesitated, then read, "I think the 'Seven Wonders of the World' are:

1. To see
2. To hear
3. To touch
4. To taste
5. To feel
6. To laugh
7. To love

The room was so quiet you could have heard a pin drop. The things we overlook as simple and ordinary and that we take for granted are truly wondrous! A gentle reminder – that the most precious things in life cannot be built by hand or bought by man.

# SELF APPRAISAL

*Everyone needs that spirit/force that propels them towards greatness. Sometimes it comes from without but is most effective when it comes from within. Here's a story that teaches the art of 'Self-Motivation'. Learn from it, live by it.*

A little boy went into a medical store, reached for a soda carton and pulled it over to the telephone. He climbed onto the carton so that he could reach the buttons on the phone and proceeded to punch in the ten-digits (phone numbers).

The store owner observed and listened to the conversation:

Boy: 'Lady, can you give me the summer job of cutting your lawn?'

Woman: (at the other end of the phone line) 'I already have someone to cut my lawn.'

Boy: 'Lady, I will cut your lawn for half the price of the person who cuts your lawn now.'

Woman: 'I'm very satisfied with the person who is presently cutting my lawn.'

Boy: (with more perseverance) 'I'll even sweep

your curb and your sidewalk, so on Sunday you will have the prettiest lawn in all of Palm beach, Florida.'

Woman: 'No, thank you.'

With a smile on his face, the little boy replaced the receiver. The store-owner, who was listening to all this, walked over to the boy.

Store Owner: 'Son...I like your attitude; I like that positive spirit and would like to offer you a job.'

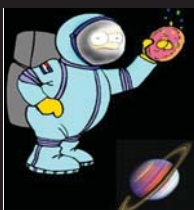
Boy: 'No thanks.'

Store Owner: 'But you were really pleading for one.'

Boy: 'No Sir, I was just checking my performance at the job I already have. I am the one who is working for that lady, I was talking to!'

This is what we call 'SELF APPRAISAL'.....

## YOU ASK.....WE ANSWER



**Question :** What is the difference between an astronaut and a cosmonaut?

**Answer :** There is no difference between an astronaut and a cosmonaut. Both mean the same - A person engaged in or trained for spaceflight. In the U.S.A., it is called Astronaut, whereas in the Soviet region, it is called Cosmonaut.

Send your questions at : [editor@mayocollege.com](mailto:editor@mayocollege.com)

## COMIC STRIP - BEING FIVE

BEING FIVE A KID WHO BLOGS USING VOICE RECOGNITION SOFTWARE





## IN THE PICS

Sept-Oct 1998

Google

Nov 1998 -  
July 1999

Google!

Aug 1999 -  
Present

Google

## ILLUSION



## NEW BOOKS IN THE LIBRARY

Angels And Demons - Dan Brown

The God Father - Mario Puzo

Deception Point - Dan Brown

The Book Thief - Markus Zusak

Six Suspects - Vikas Swarup

George's Comic Treasure Hunt - Lucy Hawking

The Janson Detective - Robert Ludlum

Stern Men - Gilbert Elizabeth

## SIZZLING FACTS

Our eyes are always the same size from birth, but our nose and ears never stop growing.

Butterflies taste with their feet.

Elephants are the only animals that cannot jump.

An ostrich's eye is bigger than its brain.

In 10 minutes, a hurricane releases more energy than all the world's nuclear weapons combined.

It's impossible to sneeze with your eyes open.

It takes 17 muscles to smile and 43 to frown.

Your teeth start growing 6 months before you are born.

Your thumb is the same length of your nose.



## The Mayo College Mail Editorial Team:

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